

# PLEASANT VIEW SENIOR NEWS

EAST LONGMEADOW COUNCIL ON AGING  
328 NORTH MAIN STREET  
EAST LONGMEADOW, MA 01028-1870  
WWW.EASTLONGMEADOWMA.GOV



CAROLYN F. BRENNAN, DIRECTOR  
8:00 A.M. - 4:00 P.M. DAILY  
PHONE: 525-5436, EXT. 1401 FAX: 526-9746  
CAROLYN.BRENNAN@EASTLONGMEADOWMA.GOV

## INFORMATION AND EVENTS

**Meals On Wheels**  
*so no senior goes hungry.*

### SPECIAL TRIBUTE TO MILLIE



Late December, the COA was shocked to hear that one of our volunteers had become critically ill after she said goodbye from her usual full day in the kitchen of the Senior Center and headed out for the weekend. Millie Austin worked 20+ hours every week as a kitchen volunteer for over 20 years. She rarely missed a day of work and neither snow, sleet or rain (literally) ever stopped her from coming in to contribute her time and energy to the COA meal site and Meals on Wheels Program. The COA is blessed to have over 70 volunteers who sustain the operations of a very active senior center. However, Millie truly has stood out consistently because of the number of hours she worked weekly, her reliability and her kindness to the participants and the staff. Millie also was known for the support and care she offered to her neighbors where

she resided. The realization when I walk into the kitchen each day that Millie will not be there will subside, but I am confident that her vibrant smile and presence will remain a vivid memory for the participants and staff at the East Longmeadow Senior Center. We will all miss her and our condolences go out to her family and all who were impacted by knowing her. — Carolyn

**TAX PREPARATION** by AARP volunteers begins on **FRI, FEB 5** and will continue weekly through **FRI, APR 15** by appointment (*the exception being March 25th when we will be closed for Good Friday*). **This free service is geared toward seniors of low to moderate income. Please call 525-5436 for an appointment.** (Arrive 15 minutes early to complete paperwork.)

**COMING SOON!** We are very excited to be partnering with the

Community Life Center, or CLC, a product of First Baptist Church, both located at 50 Parker Street in East Longmeadow. Because our space here at the Senior Center has become very limited due to programming, we are able to offer new programs beginning next month at the CLC! In March there will be new programs beginning at CLC such as Pickleball, Adult Learning through virtual technology, and more! For more information, call Alicia @ 525-5436, ext. 1406.

**MassOptions:** Late last year, the Executive Office of Health and Human Services (EOHHS) launched **MassOptions** - a website and call-center aimed at improving access to Community Long-Term Services and Supports (LTSS) for elders and individuals with disabilities throughout the Commonwealth. Call Toll Free: 1-844-422-6277 or visit [www.massoptions.org](http://www.massoptions.org).

**OUTREACH** - JANICE MICHAELIS, B.S, MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5424  
JANICE.MICHAELIS@EASTLONGMEADOWMA.GOV

### **CIRCUIT BREAKER TAX CREDIT:**

To receive this credit, you must complete a Massachusetts State Tax Form, including Schedule CB. **Please note:** You will need proof of income, real estate tax bill or proof of rent, and water & sewer

bills. *Maximum credit for 2015 is \$1,050. Restrictions include:* Taxpayer or spouse must be 65 years of age or older at the close of the taxable year; the taxpayer must own or rent property in MASS and

occupy the property, total income cannot exceed specified amounts and property value cannot exceed specified amount. *For specific information or an appointment to file, call Janice at 525-5424.*

# ACTIVITIES AND EVENTS

## TWO TOWN TROLLEY 525-5412

### FRIENDSHIP CLUB DATES:

**THUR, FEB 4 - Regular BINGO**

**THUR, FEB 11 - 50th Anniversary Party, Artistic Dance Conservatory's presentation of "The Little Mermaid"**

**THUR, FEB 18 - Agawam Melody Band**

**THUR, FEB 25 - \$5 BINGO**

### TUESDAY MOVIE MATINEE:

Movies include a 10-minute intermission with refreshments. *Movies are subject to availability.*

2/2: *Little Boy*, 2015, 1h 46m

2/9: *Last Love*, 2003, 1h 56m

2/16: *Yours, Mine and Ours*, 2005, 88m

2/23: *A Mile in His Shoes*, 2011, 99m

**GLASS FUSING CLASS:** Create beautiful **Heart Sun Catchers** under the instruction of artist Sherry Coulis on **MON, FEB 1 @ 11:00 AM**. Sherry will help you with design layout and will "fire" your project for pick up the following week. *Cost is \$25 for two.* 525-5436 to sign up.

**DOCUMENTARY DATES:** Don't forget about this exciting new program every **MON @ 12:45 PM** in our Media Room! This month we will be showing a series entitled, "*Life*" which depicts how animals and plants survive. See calendar page for documentary titles on **FEB 1, 8, 22, 29.**

**ADULT COLORING** is the newest fad right now and will be offered here on the 1st and 3rd **THURS** each month. Join us at **2:00 PM** in the Activity Room. **FEB 4 & FEB 18.**

**THE HAPPINESS PROJECT** got off to an exciting start so we are adding an additional day to meet each month. Meetings are now on the 1st and 3rd **WED @ 11:00 AM**. Questions? Call Alicia at 525-5436, ext. 1406. **FEB 3, FEB 17.**

**BUYING, SELLING, AND MAINTAINING A CAR:** Mark Whitney will be at the Senior Center on **FEB 5 @ 10:30 AM** to educate you on the "ins and outs" of buying, selling, and maintaining a car. *Please sign up.*

**ESTATE PLANNING & MARKET UPDATE:** Jason Hicklen and David Carlson will be speaking on estate planning and the top 10 documents you need; Jason will be giving a quarterly market update on **FEB 10 @ 11:00 AM**. Call 525-5436 to sign up.

**SIMPLE WAYS TO SAVE \$\$\$\$:** Raymond Rose will present a *free* seminar showing you ways to save money by reducing your monthly costs and living expenses in ways you may be unaware of, as well as how to turn your clutter into cash! Sign up for **FRI, FEB 12 @ 10:30 AM** by calling the Senior Center @ 525-5436

**A MATTER OF BALANCE:** A new 8-week session begins **MON, MAR 7, from 1:00 - 3:00 PM (no class APR 18.)**

The goal of this class is to decrease the fear of falling and introduce some exercises to improve balance. Includes lecture, discussion, and exercises; class size is limited. A \$10 fee covers the cost of materials. Call Lissa at 525-5436, ext. 1407 or Janice at ext. 1402 for more info.

**SENIOR FITNESS TESTING:** Perform a few simple exercises and see how "fit" you are. Your results will be compared to others your age so as to demonstrate those areas of fitness that need improvement. **FEB 19, 10:30 AM - 12:00 PM.** Call 525-5436 to reserve your 15 minute appointment.

**COMPASSION & KINDNESS ENDEAVOR MEETING:** It's time to give back! This new program beginning in March, is an opportunity for us to give to those in need. There will be an **informational meeting** to see how you can be involved in this endeavor on **FRI, FEB 12 @ 1:00 PM**. Please call 525-5436 sign up.

**HEART HEALTH:** Ed Walters-Zucco will be here on **FEB 26 @ 10:30 AM** to discuss statistics related to Heart Disease, and give you 7 heart healthy goals to work on achieving. There will be handouts for Heart Healthy snack ideas and healthy food prep as well. Call 525-5436 to sign up.

**MEMORIAL DONATIONS:** Thank you for remembering our Senior Center in memory of: **Millie Austin** by Lorraine Parent, Gloria Pelow & Kathleen Fontaine.

**HOLIDAY:** We will be closed for President's Day on **MON, FEB 15th**. *No Meals on Wheels delivered.*

### HAMPDEN HEARING CENTER

200 North Main Street • North Building • Suite 103  
East Longmeadow, MA 01028  
413-525-7979 www.hampdenhearing.com

### DAVID G. CARLSON ATTORNEY AT LAW

*Estate Planning • Wills & Trusts • Probate of Estates  
Elder Issues*  
200 NORTH MAIN STREET • SUITE 6  
EAST LONGMEADOW, MA 01028  
Tel. (413) 525-1313 Fax (413) 525-7272

### Wealth Preservation Group, Inc

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"How to Protect Your Assets from  
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1-800-679-2771

## WEEKLY PROGRAMS

**Art Class:** FRI, 10 AM - 12:30 PM, with artist / instructor Jeff Kern \$15.

**Arthritis Foundation Exercise Program:** M,W,F @ 8:30 AM; M,TH @ 10:45 AM. \$1 class (30 minutes of Floor Exercise each FRI @ 9:30 AM.)

**Baystate Deaf Seniors:** WED, 10:00 AM.

**Bean Bag Baseball:** FRI, 9:30 AM.

**Bosu Balance Class:** TUES, 8:30; WED, 10:05 AM; THURS, 8:30 & 9:30 AM. \$1/class.

**Canasta:** THURS @ 12:30 PM

**Chair Exercise:** MON/WED, 9:00 AM/FRI, 8:45 AM. \$3/month or 50 cents per class.

**Chair Volleyball:** WED, 1:00 PM.

**Computer Class:** WED 1:00 PM.

**Cribbage:** WED & FRI, 10:00 AM.

**Documentary:** Every MON in the Media Room @ 12:45 PM. "Life" (how animals and plants survive)

**French Club:** WED, 11:00 AM.

**Friendship Club:** Entertainment, speakers, or Bingo, THURS, 12:30 PM

**Line Dancing Class:** FRI, 4:00 PM, \$3.

**Mah Jongg:** TUES @ 12:30 PM.

**Morning Glory Walkers:** MON/WED/FRI @ 8 AM. Meeting 2nd MON each month @ 9:00 AM.

**Movie Matinee:** TUES @ 12:45 PM; (movies listed on p. 2) Includes intermission w/refreshments.

**Needlework:** FRI @ 1:00 PM.

**Pitch:** MON @ 12:30 PM at Senior Center.

**Strength & Cardio:** MON & WED, 9:30 AM \$.50

**Tai Chi:** TUES, 9:00 AM. First Cong. Church.

**Tai Chi for Arthritis:** TUES @ 9:30 AM (Level 2); 10:30 AM (Level 1). Sponsored by Redstone Rehab.

**Trivia Club:** THURS, 10:00 AM.

**Veterans Agent:** TUES & THURS, 10:00 AM - 12:30 PM. John Comerford, 413-267-4140.

## MONTHLY PROGRAMS

**Adult Coloring:** 1st & 3rd THURS @ 2:00 PM in the Activity Room. FEB 4, FEB 18

**Better Hearing Clinic:** Free screenings by Baystate Hearing Aid Center, 3rd WED, FEB 17.

**Book Club:** Last TUES of the month @ 10:30 AM, *The Sisters Weiss* by Naomi Regan, FEB 23.

**Bridge:** 2nd THURS @ 12:30 PM. FEB 11.

**Dementia Support:** 3rd WED, 3:15 PM. FEB 17.

**Footcare/Pedicare:** 2nd TUES each month/appt. Call 525-5436 for appt. \$29 FEB 9.

**Happiness Project:** 1st & 3rd WED, 11 AM. FEB 3, 17

**Health Clinic:** 1st FRI of the month from 8 - 9 AM, sponsored by Interim HealthCare. FEB 5.

**Jewelry Class:** 1st MON each month, 9:30 AM, \$3 plus materials. Cancelled for FEB 1; next class MAR 7.

**Legal Consults:** 3rd TUES of the month by appt. with Atty. Dave Carlson. FEB 24 this month due to vacation.

**Manicures:** 10 AM - 3 PM every other THURS, Call Cathy Rasid, 413-335-7422. FEB 11 & 25.

**Massage Therapy:** 2nd & 4th MON, by appt. Free. 413-348-8370. FEB 8 & 22.

**State Rep. Visits:** Eric Lesser Rep., 3rd THURS, 11:00 AM, FEB 18; Briar Ashe Rep, 4th THURS, 11:00 AM, FEB 25.

## ONGOING PROGRAMS

**Billiards:** 8 AM - 4 PM MON - FRI. Instruction offered THURS @ 10:00 AM.

**Bocce:** Courts open to residents 8 AM - 4 PM, MON - FRI, spring - fall. Closed for the winter.

**Blood Pressure:** Call Lissa @ 525-5436, ext. 1407 for appt.

**Fitness Center:** Open MON - FRI, 8:00 AM - 4:00 PM. Treadmills, elliptical machine, recumbent bikes, and a weight station. Medical clearance required. 20 visits/\$10 (E.L. residents); \$15 non-residents. Age 90+, no charge.

Please reserve lunch 24 hours  
in advance, call 525-5436.  
Served 12 noon. \$2.50

# FEBRUARY 2016

To reserve PVT A van, call 739-  
7436. \$2.50 each zone/20 ticket  
pack \$47.50, sold in our office.  
Two Town Trolley 525-5412

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 Island Spice Pork Ribs</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:45 Arthritis Exercise 11:00 Glass Fusing Class 12:30 Pitch 12:45 "Challenges of Life" Documentary 4:15 Zumba Fitness/Toning <b>Paper Recycle</b>	<b>2 Pasta Italiano w/ Ground Beef</b> 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 12:30 Mah Jongg 12:45 Movie - <i>Little Boy</i> , 2015, 1h, 46m	<b>3 Buttermilk Ranch Chicken</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 The Happiness Project 11:00 French 1:00 Chair Volleyball 1:00 Computer Instruction	<b>4 Pollock w/Mustard Dill Sauce</b> 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:45 FC - <i>Regular Bingo</i> 12:30 Canasta 2:00 Adult Coloring	<b>5 Cheesy Broccoli &amp; Bacon Casserole</b> AARP Tax Prep by appt. 8:00 Walk-in Health Clinic 8:00 Walkers 8:30 Arthritis & Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 10:30 Mark Whitney Car Advice 1:00 Dominoes 1:00 Needlework 4:00 Line Dancing Class
<b>8 Chicken w/Rice &amp; Beans</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 MGW Meeting 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 - 2:00 Free Massage 10:45 Arthritis Exercise 12:30 Pitch 12:45 "Mammals" Document- ary 4:15 Zumba Fitness/Toning <b>Container Recycle</b>	<b>9 Eggplant Parmesan w/ Meat Sauce</b> Footcare/Pedicure/Appt. \$29 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 12:30 Mah Jongg 12:45 Movie - <i>Last Love</i> , 2013, 1h, 56m	<b>10 Stuffed Peppers</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 Estate Planning/Market Update 11:00 French 1:00 Chair Volleyball 1:00 Computer Instruction	<b>11 Meatloaf</b> Manicures by appt. 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:30 Canasta 12:30 Bridge 12:45 FC - <i>50th Anniversary Party, Artistic Dance Conserva- tory's, "The Little Mermaid"</i>	<b>12 Pier 17 Fish</b> AARP Tax Prep by appt. 8:00 Walkers 8:30 Arthritis & Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 10:30 Simple Ways to Save Money w/Raymond Rose 1:00 Compassion and Kindness Endeavor Meeting 1:00 Dominoes 1:00 Needlework 4:00 Line Dancing Class
<b>15 Closed</b>  <b>Paper Recycle</b>	<b>16 Chicken &amp; Vegetable Stir Fry</b> 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 12:30 Mah Jongg 12:45 Movie - <i>Yours, Mine and Ours</i> , 2005, 88m	<b>17 Pad-King Chicken</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Hearing Screenings 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 The Happiness Project 11:00 French 1:00 Chair Volleyball 1:00 Computer Instruction 3:15 Alzheimer's Support Group	<b>18 Hearty Beef Stew</b> 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 11:00 Eric Lesser rep visit 12:45 FC - <i>Agawam Melody Band</i> 12:30 Canasta 2:00 Adult Coloring	<b>19 Egg Salad Sandwich</b> AARP Tax Prep by appt. 8:00 Walkers 8:30 Arthritis & Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 10:30 Fitness Testing for Seniors by appt. 1:00 Dominoes 1:00 Needlework 4:00 Line Dancing Class
<b>22 Beefed up Mac &amp; Cheese</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 - 2:00 Free Massage 10:45 Arthritis Exercise 12:30 Pitch 12:45 "Plants" Document- ary 4:15 Zumba Fitness/Toning <b>Container Recycle</b>	<b>23 Stuffed Cabbage Casserole</b> 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 10:30 Book Club, <i>The Sisters Weiss</i> by Naomi Regan 12:30 Mah Jongg 12:45 Movie - <i>A Mile in His Shoes</i> , 2011, 99m 1:00 Free Legal Consults w/ Dave Carlson, by appt.	<b>24 Pollock w/Lemon Sauce</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 French 1:00 Free Legal Consults w/ David Carlson 1:00 Chair Volleyball 1:00 Computer Instruction	<b>25 Chicken Cordon Bleu</b> Manicures by appt. 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 11:00 Brian Ashe Rep visit 12:45 FC - <i>\$5 BINGO</i> 12:30 Canasta	<b>26 Vegetarian Chili</b> AARP Tax Prep by appt. 8:00 Walkers 8:30 Arthritis & Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:30 Heart Health 10:00 Art Class \$15 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 4:00 Line Dancing Class
<b>29 Low Sodium Hot Dog on Roll</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:45 Arthritis Exercise 12:30 Pitch 12:45 "Creatures of the Deep" Documentary 4:15 Zumba Fitness/Toning <b>Paper Recycle</b>		<p>Whole wheat or whole grain bread will be offered daily unless otherwise specified.</p>		<p>Menu subject to change</p> <p>****Indicates high sodium</p> <p>1% milk served daily</p>